

THE MRC CONNECTION

DECEMBER 2009

Peninsula Medical Reserve Corps, 416 J. Clyde Morris Blvd., Newport News, VA 23601



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At the close of another year, I gratefully pause to wish you a warm and happy, Holiday Season and a healthy, peaceful and prosperous New Year. Thank you for volunteering!

Teresa



Volunteer Highlights



PenMRC volunteer Marie Harrell dressed as a tissue box and entertained the line while volunteers and PHD staff busily provided H1N1 shots at Grafton High School on Monday, November 9.

Photos by Crystal Ward

Volunteers Protecting the Health of the Peninsula

Shelter From The Storm

Remnants of Tropical Storm Ida and a Nor'easter swept through the eastern region of Virginia on November 12.

Nine Peninsula MRC volunteers respond to the Emergency Phone Alert call to action to provide assistance at Bethel High School.

Volunteers provided skilled nursing to the sick, helped set up cots, bring lunches to the elderly, and entertain the young who sought refuge from the storm.





Welcome new volunteers who joined
in the month of November:

Aman Arsad
Ariel Bobrick
Princess Brady
Samantha Cunningham
Renee Davis
Kymecia Flora
Victoria Fryatt
Brittney Garrison
Clifford Goodson
Christopher Heard
Jennifer Jefferson, RN
Dr. Kamryn Jones
Brittany Knarr
Amy Kurtz
Susan Lessner Boesler
Gary McMullen
Meghan Meares
Paige Miller
Nicholas Polanco
Heather Singleton, RN
Emily Thompson
Georgette Watts, RN
Eric Wilds

*We look forward to working with you
to help*

Protect the Health of the Peninsula!!

**Very special thanks to the following PenMRC volunteers
who trained and worked in November:**

TRAINING:

H1N1 Update:

Kathryn Leigh, Matthew Husson, and Carroll Register
A total of 6 volunteer training hours,

Peninsula MRC Live Orientation:

Beth Hughes
A total of 2 volunteer training hours

OUTREACH:

Grafton High School H1N1 Mass Vaccination Clinic:

Krystal Ream, Christina Currin, and Asia Scaife from New Horizons, and Marie Harrell as the tissue box ☺
A total of 20.5 volunteer hours.

Bruton High School H1N1 Mass Vaccination Clinic:

Barbara Smith and Rick Garfield
A total of 11 volunteer hours.

Warwick High School H1N1 Mass Vaccination Clinic:

Pat and Chuck Olson, Marie Harrell, and Carol Perenzin
A total of 22 volunteer hours.

Midtown Community Center H1N1 Mass Vaccination Clinic:

Heather Singleton
A total of 5.5 volunteer hours.

Bethel High School Shelter From The Storm:

Karla Dennard, RN, Dwaine and Marie Harrell, Beth Hughes, RN, Alice Jones, Tyrrell Madden,
Tammy Whitaker, Kathy Whitehead, Karole Williams, and Leona Wisoker
A total of 54 volunteer hours!

Blood Pressure Screenings and Health Information sharing in underserved areas:

Brenda Sarno, Carolyn Conley, and Mary Loesch
A total of 64 BP's and 8.5 hours.

PenMRC monthly office support:

Fran Doyle for helping out with office support to help keep everything straight!
A total of 19 office support hours.

Total of 204 volunteer training and outreach hours! Many hands make light work!!

Thank you to each of you for your work as a PenMRC volunteer.

PenMRC relies on your dedication and your commitment to help fulfill its mission.

To help keep communities healthy during the flu season, it will take all of us - community and faith-based organizations, government, businesses, and schools-working together. The federal government alone cannot prepare for or respond to the challenge of the 2009-2010 flu Season.

2009 H1N1 Flu (Swine Flu)

Situation Update (from <http://www.cdc.gov/flu/weekly/>)

SYNOPSIS:

During week 46 (November 15-21, 2009), influenza activity continued to decrease in the U.S.

- 1,880 (20.5%) specimens tested by U.S. World Health Organization (WHO) and National Respiratory and Enteric Virus Surveillance System (NREVSS) collaborating laboratories and reported to CDC/Influenza Division were positive for influenza.
- Over 99% of all subtyped influenza A viruses being reported to CDC were 2009 influenza A (H1N1) viruses.
- The proportion of deaths attributed to pneumonia and influenza (P&I) was above the epidemic threshold for the eighth consecutive week.
- Thirty-five influenza-associated pediatric deaths were reported. Twenty-seven of these deaths were associated with 2009 influenza A (H1N1) virus infection, seven were associated with an influenza A virus for which the subtype was undetermined, and one was associated with a seasonal influenza A (H1) virus infection that occurred in March.
- The proportion of outpatient visits for influenza-like illness (ILI) was 4.3% which is above the national baseline of 2.3%. All 10 regions reported ILI above region-specific baseline levels.
- Thirty-two states reported geographically widespread influenza activity, Puerto Rico and 17 states reported regional influenza activity, the District of Columbia and one state reported local influenza activity, and Guam and the U.S. Virgin Islands reported sporadic influenza activity.

U.S. Virologic Surveillance:

WHO and NREVSS collaborating laboratories located in all 50 states and Washington D.C., report to CDC the number of respiratory specimens tested for influenza and the number positive by influenza type and subtype. The results of tests performed during the current week are summarized in the table below.

	Week 46
No. of specimens tested	9,159
No. of positive specimens (%)	1,880 (20.5%)
Positive specimens by type/subtype	
Influenza A	1,874 (99.7%)
A (2009 H1N1)	1,478 (78.9%)
A (subtyping not performed)	372 (19.9%)
A (unable to subtype)	23 (1.2%)
A (H3)	0 (0.0%)
A (H1)	1 (0.1%)
Influenza B	6 (0.3%)

During week 46, seasonal influenza A (H1N1) and influenza B viruses co-circulated at low levels with 2009 influenza A (H1N1) viruses. Over 99% of all subtyped influenza A viruses reported to CDC this week were 2009 influenza A (H1N1) viruses.

Synopsis used is latest data available from CDC at time of newsletter printing.

PenMRC Training Calendar – December 2009

Training is the gateway to serving with the PenMRC. Please remember to provide a copy of training certificates to the PenMRC Office upon course completion.

Course/Event	Date	Time	Location	Instructor
CPR for Health Care Providers	Tuesday December 1	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Teresa 594-8045
CPR for Health Care Providers	Thursday December 3	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Teresa 594-8045
CPR for Non-Medical	Monday December 14	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Teresa 594-8045

Peninsula MRC Volunteers are required by the State of Virginia to have a current CPR certification in order to give a vaccination.

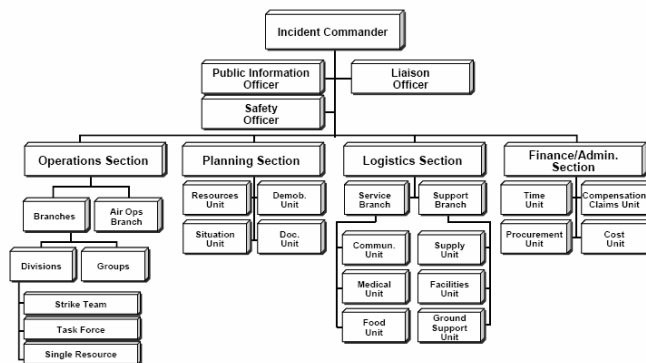
Mary Immaculate Hospital offers three American Heart Association CPR courses per month free of charge to Peninsula MRC volunteers.

If you have a current CPR certification, please mail or fax a copy to the PenMRC Office, otherwise please see the above schedule for an upcoming class and register.

PenMRC Emergency Preparedness & Response Exercises

Event	Date / Time	Location	Volunteers Duties Assigned
H1N1 Vaccination Clinics Peninsula and Hampton (field)	Please watch your email for VVHS alerts	Various	We need your help – Medical and Non-Medical

Most EP & R exercises are conducted as **Incident Command System** events.



What is the Incident Command System?

Center of Excellence in Disaster Humanitarian Assistance describes the **Incident Command System (ICS)** as, "a set of personnel, policies, procedures, facilities, and equipment, integrated into a common organizational structure designed to improve emergency response operations of all types and complexities." ICS is based upon a flexible, scalable response organization providing a common framework within which people can work together effectively. These people may be drawn from

multiple agencies that do not routinely work together, and ICS is designed to give standard response and operation procedures to reduce the problems and potential for miscommunication on such incidents. ICS has been summarized as a "first-on-scene" structure, where the first responder of a scene has charge of the scene until the incident has been declared resolved, a superior-ranking responder arrives on scene and seizes command, or the Incident Commander appoints another individual Incident Commander.

Want to learn more about ICS?

See the *Volunteer Core Competencies Training Matrix* on the PenMRC website.

PenMRC Community Outreach Events – December 2009

Volunteers – please remember to submit your hours and number of BP's to the Volunteer Coordinator immediately following the outreach.

BP Screening and Health Info	Wednesday December 2 1:00 pm to 2:30 pm	Berkley Village South Off Harpersville Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Thursday December 3 10:00 am to 12:30 pm	Seton Manor Retirement 215 Marcella Rd Newport News	VOLUNTEER NEEDED: LPN or RN (1)
BP Screening and Health Info	Friday December 4 2:00 pm to 3:30 pm	Great Oaks Thimble Shoals Newport News	Volunteered – Pat Olson
BP Screening and Health Info	Tuesday December 8 2:00 pm to 3:30 pm	Lexington Commons 14532 Old Courthouse Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Monday December 14 11:00 am to 1:00 pm	Denbigh Senior Center 15460 Warwick Blvd Newport News	Volunteered – Mary Loesch
BP Screening and Health Info	Wednesday December 16 9:00 AM to 10:00 AM	Clean Comfort 328 30th St. Newport News	VOLUNTEER NEEDED: LPN or RN (1) Monthly – 3rd Wednesday
BP Screening and Health Info	Tuesday December 29 2:00 pm to 3:30 pm	Mennowood Retirement Warwick Blvd Newport News	Volunteered – Carolyn Conley
BP Screening and Health Info	Wednesday December 30 2:30 pm – 3:30 pm	Warwick SRO 2410 West Ave Newport News	Volunteered – Brenda Sarno
Clinical Quality Assurance Program	Ongoing now through January 30, 2010 Flexible schedule	PHD Chronic Disease Clinic	Volunteered – Leona Wisoker, Karole Williams VOLUNTEERS STILL NEEDED: Data Entry (1)

Contact Teresa Blakeslee at (757) 594-8045 or Teresa.Blakeslee@vdh.virginia.gov to volunteer

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### Thank You For Being Part of the Medical Reserve Corps

It is true what they say, “we couldn’t do it without you”. The Peninsula Medical Reserve Corps is a group of dedicated volunteers who step up to augment and support the Virginia Department of Health and the communities on the Peninsula and in Hampton. And you do it with excellence!

Fortunate to have the support from our Emergency Planner, Kevin Pearce and fortunate so many in the community know about us, and that is because of your devotion, your quality work around your skills and expertise, and your passion for what you do.

You have blazed trails, yet are pioneers in many ways. Your willingness to journey with me to try new ideas such as technology (i.e. alerts), and Facebook is going to help us be better informed, is going to help us grow, and is going to help us stay on the leading edge of reaching out to others.

I look forward to a new year filled with visions beyond sugar plums...and to having you along on the journey.  
*Happy Holidays to you and yours!*

Teresa, MRC Coordinator/Volunteer Management

## Contact Information

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[Teresa.Blakeslee@vdh.virginia.gov](mailto:Teresa.Blakeslee@vdh.virginia.gov)  
**Critical Email Alerts depend on this information.**

**Please bookmark these websites:**

PenMRC Website: <http://www.vdh.virginia.gov/mrc/peninsulamrc/index.htm>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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